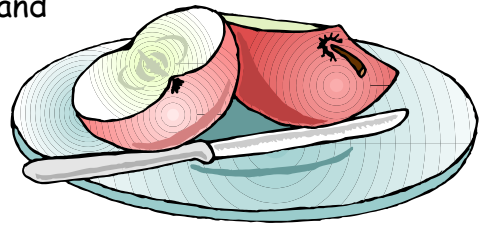


Nutrition News: Snack Smart

Smart snacks provide kids with the nutrients and energy they need to grow, play, and learn. Think of snacks as mini-meals rather than an opportunity to eat “junk” food. Use the Snack Smart tips below to plan nutritious snacks for your whole family!



- **Use the Food Guide Pyramid as your guide:** Have snacks from the five food groups handy. Try yogurt, string cheese, fruit, raw vegetables, plain or flavored milk, peanut butter, hard-boiled egg, bread or crackers.
- **Two is better than one:** For a balanced snack, offer foods from two food groups. Try cheese and crackers, peanut butter and celery, milk and cereal, or fruit and yogurt.
- **Time snacks appropriately:** Plan on serving snacks 2-3 hours before meals. That way your child won't ruin their appetite for supper.
- **Limit snacks with added sugar:** Limit soda pop, fruit drinks, candy and other foods high in sugar. These foods are high in calories and lacking in nutrients.